Pros and Cons of Lineal Associations…

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I must recount two recent incidents that left me feeling utterly distressed, while one also sparked a sense of awe. The first incident involved a family gathering centered around some issues. Even before the meeting, the tension in the air had already begun to weigh on me. Although these matters didn't directly concern me, the atmosphere and the conversations stirred a lot of stress within me. That night, as I lay awake, I found myself crying and questioning why this was happening. I couldn't understand why I felt so emotional, especially since I had no control over the situation; yet, witnessing my family and relatives struggle affected me deeply.

To make matters worse, one of my cousins repeatedly insinuated that the turmoil was my fault. Although it was meant to be lighthearted, those comments stung. In response, I decided to block and unfollow my cousin's wife, feeling that nothing good could come from my continued association with them. I also felt angry about the issues that were somehow pinned on me, despite the lack of logic behind it. I was left wondering how I, who had always been supportive, could suddenly be seen as the villain.

For the next two or three days, I was enveloped in negativity, questioning why I felt so much stress. I truly hated those moments when we could have been sharing joyful conversations, meals, or experiences with relatives. Instead, we were caught up in stressful discussions and issues, which, while common, took a toll on my emotions.

The second incident was unexpected and brought me joy. We attended Vino Anna's son's first birthday celebration. Although we were there for only two hours, I was overwhelmed with happiness, attention, care, hugs, kisses, and love. Despite the short time, I felt truly joyful because we were all laughing and enjoying the moments together in Mettur. I often express that ***"I feel lonely among people, yet never feel lonely when I'm by myself."*** This sentiment is genuinely influenced by the people and situations surrounding us, significantly impacting our mental health and perceptions.

While we are all connected by blood, issues can arise when things become too lighthearted, making it difficult to navigate challenges. I recognize that it’s essential for me to learn how to manage these feelings.